

# The Headlamp



## A Message from the BC Camping Committee!

Dear BC Guiders,

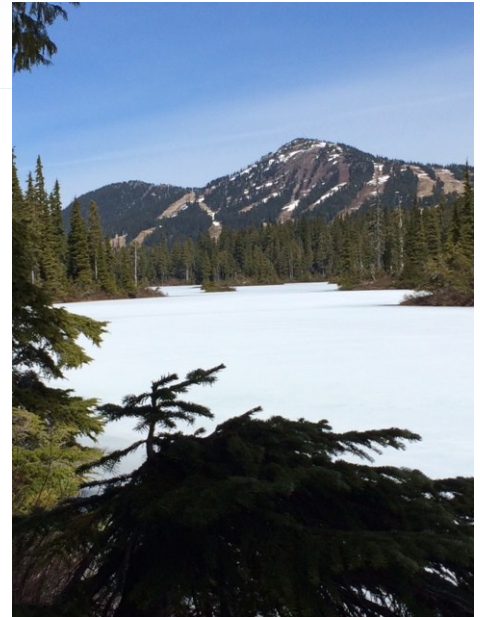
We hope that everyone has had a wonderful start to their Guiding year.

Looking for great ideas to do at your winter camp? The “Wonderful Winter” section of the BC Camping challenge (featured in this issue of Headlamp) includes lots of fun ways to incorporate winter activities at camp.

For those needing more ideas, the Camps to Go are set up with everything to get you started including menu ideas, program ideas and kit lists. Remember to look to Safe Guide and your local resources (Camping Advisers, District Commissioners and fellow Guiders) to help you plan all the exciting activities in a safe and enjoyable manner.

Happy Camping!

If you need information or have ideas for Provincial Camping activities, please feel free to email the BC Camping Committee ([camp@bc-girlguides.org](mailto:camp@bc-girlguides.org))



### Upcoming Camps

- Rovent (R)- February 5-8, 2016, Cambie Creek Nordic Area, Manning Park, <http://www.rovent.ca/>
- Guide Jubilee (G) - May 20-23, Kingswood Camp, Victoria
- Pathfinder Paddles (Girls Born Sept 2001-Aug 2004) - July 21 - 28, 2016, Sunshine Coast/Desolation Sound
- OAL Adventure Module 8: Quadra Canoe Expedition (Guiders) - Aug 4-7, 2016
- Pedal Haida Gwaii (Girls Born Sept 1997-Aug 2001) - Aug 18-26, 2016 Haida Gwaii



Your BC Camping Committee hard at work at the “Giggles and Guiding” composite conference.

Photo by: Laura Allgrove

## Girl Guide camping chatter around the province:



### Recipe – Muffins in Orange Shells



#### **Ingredients**

6 oranges  
Muffin mix

#### **Preparation**

Making muffins in orange shells takes a little work, but the wow factor is high for kids. All you need is six oranges and one just-add-water bag of muffin mix. Slice the top off each orange and scrape out the fruit without breaking the rind. Fill the oranges 2/3 full with muffin mix, and then wrap the bottom of the orange in heavy-duty aluminum foil. Set it gently in coals, using gloves or tongs to avoid burns, and let bake for 10 to 15 minutes. Once finished, you can eat right out of the rind with a fork or fingers. Top it with fresh fruit for an extra boost of nutrients.

- ◆ Way to go Alcan District from Rivers North Area for two Pathfinder Units doing Under the Boughs in Tarp Shelters.
- ◆ Thank you Cindy Mcinnis, Fraser Sky ACA, for putting yourself out there to attend camps with new Guiders and/or Guiders that are unsure of camping. That type of support is wonderful.
- ◆ Congratulations to SVI Area for hosting a very successful Let's Camp Smore in November with 90 participants.
- ◆ Thank you to all the Districts and Areas from around the province for hosting so many Under the Boughs and Let's Camp Smore events.
- ◆ Shout out Catherine Hardy for becoming the new ACA for Monashee Area

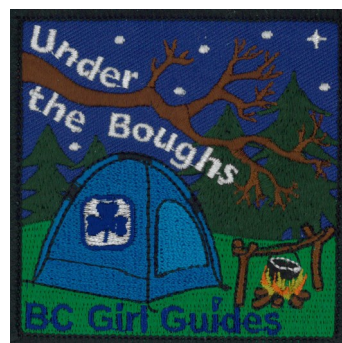


### Stories for Headlamp

Headlamp is looking for great camping stories to be featured in future newsletters. We would love to hear about the great things that happen to everyone while they are at camp. Please share your wonderful and your not so wonderful stories with Headlamp it could be something funny, how you incorporated a great theme, how you survived a week of rain, or anything you want to share. If your story is published you will receive a prize. Please send your stories to: [Headlamp.bc.ggc@gmail.com](mailto:Headlamp.bc.ggc@gmail.com)

### Under the Boughs

Under the Boughs is a camp that can be hosted by Areas, Districts, or groups of units. The idea of the camp is primarily for Pathfinders, but it can certainly be adjusted for Rangers or even Guides. Under the Boughs is often done as a winter camp, but it can be a Spring, Fall, or Summer camp as well, anything that is hosted 'under the boughs'. The BC Camping Committee provides toques for order for Under the Boughs in a different style each year with the Under the Boughs logo printed on them.



This year the Pathfinders, Rangers, and Trex have voted on which toque style they would like to see. The results are in from the survey and they have chosen the White Toque this year.

Under the Boughs toques (\$10.00 BC) and Under the Boughs crests (\$1.00 BC units. \$1.50 outside BC plus \$5.00 shipping) can be ordered from the BC Girl Guides website. Toques can be provided in advance, but please allow five to six weeks for delivery.

#### To place an order:

-By check: include a check made out to BC Girl Guides -BC Council and mail the check and order form to:

Girl Guides of Canada-BC Council  
Attention: Under the Boughs Toques  
1476 W 8<sup>th</sup> Ave.  
Vancouver, BC V6H 1E1.

-By credit card: email the completed order to [officeclerk@bc-girlguides.org](mailto:officeclerk@bc-girlguides.org) and then phone 604-714-6636 extension 123 or toll free 1-800-565-8111 (during office hours) and give your order and credit card information.



## Instant Meetings Brownies, Guides, and Pathfinders: Knots

### Knots Training (Brownies)

#### Program Connections Brownies:

Key to Brownies:

4. Being a Brownie

Key to Camping:

5. Sing and Shout

Special Interest Badge

Key to Active Living:

Go For It! interest badge

Key to the Arts:

Super Crafts interest badge  
(one craft)

### Just Your Basic Knots (Guides)

#### Purpose:

Introduction of tying and usage of 4 basic Guiding knots: reef knot, clove hitch, bowline and sheet bend

#### Program Connections Guides:

You in Guiding: Understand the Promise and Law and Motto

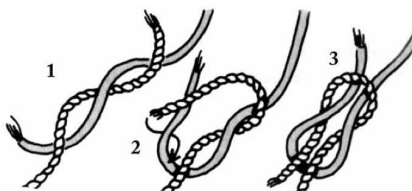
5. Practice your reef knot

Beyond You: Explore the Outdoors and Nature

4. Learn knots.

Related Interest Badge

Sailing (learn bowline)



### Survivor Uknknot (You Can Knot) (Pathfinders)

**Purpose:** Practice tying and reinforce knowledge of basic Guiding knots: reef knot, Clove Hitch, Bowline, Sheet Bend and Round turn and 2 half hitches.

#### Program Connections Pathfinders:

Let's Take it Outside:

Knots, Knives and Outdoor Lore

3. Knots

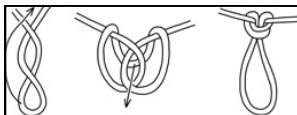
My Music, My Movies, and More!: The Arts from A to Z

6. Make a craft.

Creating Your Future: We're a Team

Work together as a team

(one alternate activity)



## Cat's Tails (a wide game):

**Supplies:** 10" pieces of cord or twine (thick enough to tie together easily). The number of pieces you have should be at least 3 per girl (10 girls = 30 pieces)

**Objective:** Practice knots

**Winner:** The group with the longest "tail"

1. Hide multiple pieces of string around the field / area that you are playing in
2. Break the girls into two or more groups
3. One girl from each group (the cat) stands in the middle of the playing area and has one piece of string (the tail) in her hand
4. On 'GO!', the other girls race to find the hidden string.
5. Once a **single** piece is retrieved by a girl, she runs to her group's "cat" and ties her piece to the cat's "tail" using whatever kind of knot you'd like them to practice. She may then return to the game and keep hunting!
6. The team with the longest tail wins!

## Instant Meetings

New instant meetings are now available on the Provincial website for teaching camping skills to the different branches of Girl Guides.

### Sparks-

Compasses

Hike

Leave No Trace

Getting Ready for Camp

### Brownies-

Compasses

Hike

Knots Training

Leave No Trace

Trail Signs

Things we need at camp

### Guides-

Compasses

Hike

Just Basic Knots

Trail Signs

Fire

Leave No Trace -

Amazing Race

### Pathfinders-

Compasses

Hike

Survivor Uknknot

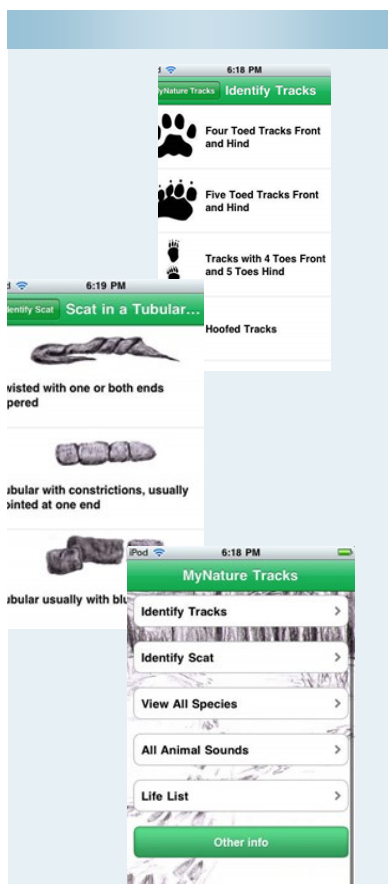
(You Can Not)

Leave No Trace -

Amazing Race







## Know Your Area Camping Adviser

Fraser Skies Area:  
Cindy McInnis

Kootenay Area:  
Tamara Mclean

Lions Area:  
Gwen Walwyn

Lougheed Area:  
Julie Ramsey

Monashee Area:  
Catherine Hardy

Pacific Shores Area:  
Wendy Jackson

Rivers North Area:  
Laura Allgrove

SVI Area:  
Erlene Amero

Thompson Nicola Area:  
Debbie Jestin

West Coast Area:  
Tammy Tromba

For information on how to contact your Area Camping Adviser, ask your District/Area Commissioner or email Joy, the BC Camping Adviser, at [camp@bc-girlguides.org](mailto:camp@bc-girlguides.org)



## MyNature Animal Tracks App Review

By MyNature Inc.



You've been there before, fishing a sandy riverbank, hiking over a lush green forest trail, gliding through a fresh snow fall on a clear crisp winter morning then, there in front of you a set of tracks. You wonder which way their heading, what animal was it, was it just here. Is it a canine or feline, maybe it's a bear.

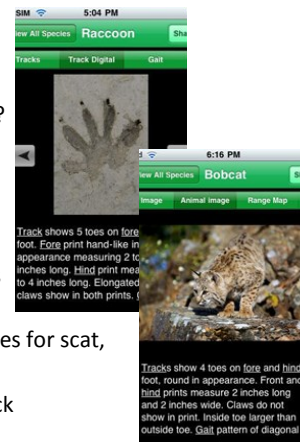
Animal tracks can be found in nearly every square mile of North America!

- \* Are you looking for an easy and fun way to identify animal tracks and scat?
- \* Did you always wish you knew how to identify tracks you were finding?
- \* Do you want to make your time outdoors more educational and enjoyable?

If you answered yes to any of these questions then MyNature Animal Tracks is the app for you! MyNature Animal Tracks Features;

- \* A database with 7 search-able track categories, and 5 search-able categories for scat, fully illustrated by size and shape for quick selection.
- \* Illustrations of both fore and hind feet, with a complete description of track measurements, gait patterns used trail widths and animal life cycles.
- \* Full color digital images of actual tracks and scat in the wild.
- \* Gorgeous photos of each individual animal featured.
- \* Illustrations of the most common gait pattern for each animal.
- \* Sound files for an example of each animals vocalization.
- \* Range maps showing each animals distribution across North America.
- \* Completely self-contained with no need for a wireless connection once down loaded.
- \* Your own Nature Journal for notes, a built in ruler, tracking tips and much much more. birds.

Available from  for \$1.99 or  for \$2.99 through Amazon.



## Meet Catherine Hardy: Area Camping Adviser for Monashee Area

Hometown and  
current district:  
Kelowna—  
Sunvalley  
Orchards District

Other hats in  
guiding: Ranger  
guider, part time

**Favorite part of being and ACA:** getting  
girl and guiders camping!!!

**Favorite place to camp in your  
area:** Camp Mewata

**Something/somewhere in your area that  
everyone should do/go to and why:** Bike/  
hike the Kettle Valley Railroad -- the view,  
the history, the experience

**What should the province know about  
camping in your area?** We have great  
camps both residential and tent camp-  
ing... all year facilities, beaches, snow,  
and sunshine.

**Favorite place to camp with  
your family:** McCulloch and Pear Lake

**The best part of Girl Guide camp:** Seeing  
the girls put into practice what we  
have taught them.

**What is your 'signature thing' at  
camp?** Being silly and having fun

**If you had to pick one thing that you'd say  
you're an expert at, what would it be?**  
I am more of a jack of all trades, master  
of none!!

# Menu Planning for Food Sensitivities

Submitted by Gelina Berg, RD (Registered Dietitian)

Menu planning when food sensitivities are involved can be stressful. You want to make sure you are doing the right thing since food sensitivities are a serious matter. But where to start?

First off, be sure you know exactly what you are dealing with. Connect with the individual (and/or their parents) to determine exact adverse symptoms and tolerance level to particular foods (for example, can traces of food from cross-contamination be a problem? what foods must they specifically avoid?). The severity of symptoms will vary from person to person, even with the same food sensitivity.

*A food sensitivity is when a person's body responds negatively to a certain component in food. Some involve the immune system (allergies, celiac disease) and others don't (intolerances). Seriousness of reactions can range from mildly inconvenient to life-threatening.*

Use available resources to help plan your menu. Consider cost and simplicity (e.g. rice for everyone might be more cost-effective than buying separate gluten-free pasta) and note that using whole, real food (e.g. make your own rice pilaf vs. packaged rice pilaf) can make it easier to avoid problem ingredients.

- Allergies: The Top 8 Allergens - Foods to avoid and common hidden sources:
  - <http://www.hc-sc.gc.ca/fn-an/securit/allerg/fa-aa/index-eng.php>
  - [http://www.eatingwell.com/nutrition\\_health/nutrition\\_news\\_information/guide\\_to\\_food\\_allergies\\_and\\_special\\_eating\\_needs](http://www.eatingwell.com/nutrition_health/nutrition_news_information/guide_to_food_allergies_and_special_eating_needs)
- Celiac disease: <https://celiac.org> & <http://www.celiac.ca/>
  - food choices <https://celiac.org/live-gluten-free/glutenfreediet/food-options/>
  - meal ideas <https://celiac.org/live-gluten-free/7-day-gluten-free-meal-plan/>, <http://www.gfrecipes.ca/>
- Other nutrition concerns:
  - <http://www.dietitians.ca/Your-Health/Nutrition-A-Z.aspx>
- Recipes (search by allergen) & making recipe substitutions
  - <http://www.kidswithfoodallergies.org>
  - <http://allergicliving.com/>
- Consult a dietitian (HealthLink BC, free of charge):
  - call 811 or email at <http://www.healthlinkbc.ca/healthyeating/emaildietitian.html>
- Go online to source allergy/intolerance-safe brands and where to find them (online order, local store, etc.)
- Check package ingredients and compare to lists of those that are safe/unsafe (alternative sources of the allergen)

Finally, ensure your food prep and service areas are set up for success.

You need to prevent contamination. Think about:

- food preparation (includes cutting boards, pans, utensils...)
- food storage (cupboards, storage containers used, fridge...)
- other components of preparation and service (hand washing, crumbs, proximity of foods in service area...)

These are just a few resources and things to consider. This article is by no means exhaustive or fully comprehensive. Ultimately the individual with the food sensitivity is their own expert. Be sure to connect!





## Wonderful Winter BC Camping Challenge

The Wonderful Winter challenge includes learning about building and lighting a fire in the snow, preventing Hyperthermia and Hypothermia, and how to properly fit snow shoes.

To earn each seasonal Challenge Crest the girls need to have an overnight camping experience, and complete the required number of challenges from each section. Sparks can camp for one or two nights; Brownies, Guides, Pathfinders and Rangers all need to camp for two nights.

To complete a challenge and earn a crest please carry out the minimum number of challenges from each of the four sections as follows:

**Sparks & Brownies:** 2 from each of Camp Preparation, Camp Cooking & Camp Skills, 1 Outdoor Activity

**Guides, Pathfinders, Rangers:** 3- 5 from each of Camp Preparation, Camp Cooking & Camp Skills, 2 Outdoor Activities

**Guiders** do the same number of challenges as the girls they are working with.

One of the choices in the Camp Preparation section of the Wonderful Winter Challenge is to make two different types of fire starters. Here are a few types of fire starters to try:

### Dryer Lint & Egg Cartons

The classic homemade fire starter using a wad of dryer lint placed in each empty storage area of a cardboard egg carton with melted paraffin wax poured over top. Cut apart and use by lighting the corners of the egg carton.

### Waxed Paper & Dyer lint

Multiple pieces of Waxed paper wrap-up with dryer lint in the insides, twisting both ends of the paper to hold the contents.

### Newspaper roll –

Roll a double page of newspaper tightly. Tie it firmly every 2" to 3" (5 to 8 cm) and cut between the ties. Dip pieces into melted paraffin wax. Let dry and pack into a plastic bag.

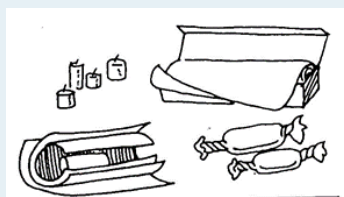
### Cotton Balls & Vaseline

Thoroughly coat the cotton (must be cotton and not synthetic) balls with Vaseline. Store in a film case or some other small water tight container .

Crest order form can be found here: [http://bc-girlguides.org/Documents/BC/BC\\_Crests\\_InteractiveForm-May2014.xls](http://bc-girlguides.org/Documents/BC/BC_Crests_InteractiveForm-May2014.xls)



Photos: Northern Star Trex Unit



Waxed Paper & Dyer lint

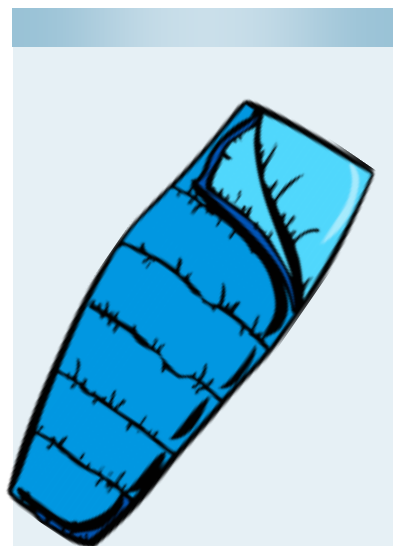


Newspaper roll



Cotton Balls & Vaseline  
(Mini Vaseline container and two cotton balls in mini ziplocks)





## Chinese Fan

*("Jubilee Songbook", Girl Guides of Canada, 1971.)*

My ship sailed from China  
with a cargo of tea,  
All laden with gifts for you  
and for me,  
They brought me a fan, just  
imagine my bliss,  
When I fan myself gaily like  
this, like this, like this, like  
this

Repeat five times total.

### Actions as follows:

Verse 1 - Fan with right  
hand

Verse 2 - Fan with both  
hands crossing

Verse 3 - Fan with both  
hands and right foot

Verse 4 - Fan with both  
hands and both feet

Verse 5 - As above plus  
nodding slowly



# The Good, the Bad and the Ugly of Sleeping Bags

What is the best sleeping bag for you?

Your sleeping bag is the most important thing on your kit list. For any overnight adventure, whether it is a residential camp or hike into the back country or anything in between, it is your most important insulating layer and investing in a style that best suits your needs will help you have a better sleep. And a better sleep will mean a better adventure.

## Traditional Style Bags

Traditional style bags that have zippers and hoods prioritize versatility and comfort.

## Ultralight Bags

Ultralight style bags are lightweight and are great for when you are going on an overnight and are concerned about weight.

## Camping Bags

Camping bags are not for when you are worried about weight as they are heavy and are best suited for residential camping as they are a large and luxurious style of sleeping bag and offer more comfort.

## Insulating Options

An important thing to consider when purchasing a new sleeping bag is the type of material used for the insulation and what would best suit your needs, such as the environment and season you are camping in, as well as your budget.

Down has a higher warmth to weight ratio and is more compressible if weight and space are important for you and it will last longer than synthetic insulation which makes down a better choice for backpacking. When choosing a sleeping bag insulated with down you will want to find out what the fill power is. The fill power is the number of cubic inches displaced by one ounce of down. The higher the number the lighter, more compressible and more durable the bag will be.

Although synthetic bags are generally bulkier and heavier than down bags, they will retain their insulating properties even if they get wet. If you are going camping/backpacking where there is a strong chance that your sleeping bag may get wet and you may not yet have developed skills or tricks to keeping your pack dry then synthetic is the choice to go with.

## Caring for Your Sleeping Bag

Proper care will prolong the life of your sleeping bag. The type of insulation you have in your sleeping bag will determine how you wash and store your bag.

For a down bag to function as an insulating layer it is imperative to keep it dry. The best way to store a down bag is in a large, breathable storage bag that doesn't fully compress the sleeping bag. Down can be compressed many times and within a short period of time will return to normal for years. It is important to use a very mild soap that is designed for washing down garments.

Synthetic sleeping bags take less maintenance than bags with down and they are less fragile although the synthetic insulation fibers tend to deteriorate quicker than down does. It is important to try to compress these bags as little as possible as they will lose their quality over time. They are easier to launder though as the fibers don't seem to bunch up when wet and will dry easily.

Continued on the next page....

## Sleeping Bags continued....

### Warmth

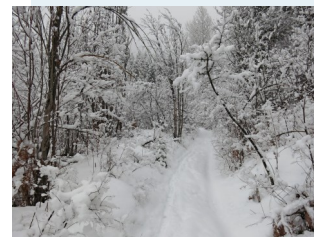
To best keep warm in your sleeping bag you want to have enough insulation in your sleeping bag between you and your outside surroundings. This is the greatest influence on your warmth. The second thing is the fit of your bag as you don't want it to be tight or short as this will not allow the insulation to work properly. Neither do you want a bag that is too large as there would then be drafty air spaces. For those of us that are short putting a small blanket in the bottom of the sleeping bag is a good idea. Choosing a good sleeping pad is also important in colder conditions to help keep you warmer.

### Comfort

The fit of your bag will also influence how comfortable you are at night as most want enough room to move around a bit in your bag instead of it moving with you but remember if the bag is too large it can be colder. Did you know there are women specific bags? The difference between a men's bag and a women's is the size; generally a men's bag will be for someone 6' and a women's is for 5'6". Also, there usually is about 2" more space in the hip area and less space in the shoulder area of a women's sleeping bag. The insulation used in the bag can also help with your comfort as down can be heavenly while a synthetic one not so much.

### Transporting/Packing with your Sleeping Bag

Sleeping bags don't normally come in a bag that is very useful or that is waterproof. You will want to purchase a waterproof stuff sack to be able to keep your bag dry during travel, either by car or on the trail.



## Clay pot Snowman

- 1 1/2" clay pots per snowman
- 1 1/4" wooden balls per snowman
- glue gun with glue sticks
- small paintbrushes
- white acrylic paint
- orange acrylic paint
- pink acrylic paint
- black sharpie marker
- pipe cleaners in assorted colors
- 2 mini pompoms per snowman in assorted colors
- felt in assorted colors

1. Using a glue gun, glue wooden ball to the bottom of clay pot to form the body for snowman. Once the glue has dried, paint the ball and pot white. Once the paint has dried, give your snowmen their faces. Use black sharpie for eyes and mouths, then paint on a nose with orange paint and rosy cheeks with pink paint.
2. Next take your pipe cleaners and mold them to your snowman's head; trim to fit, attach the pipe cleaner to the top of the snowman's head, glue two pompoms to the base of the pipe cleaner on either side of the head.
3. Create buttons down the center of your snowman's body with a black sharpie.
4. Cut strips of felt approximately 1/4" wide. Wrap them around your snowman's neck; trim to the length you'd like your scarf to be. Cut an inverted "V" shape from the ends of the felt or make small slits to make fringe, then use the glue gun to attach them to your snowmen.







## Pathfinder Paddles 2016

**Who:** 8 girls born between September 2001 to August 2004

**When:** July 21-28, 2016

**Where:** Sunshine Coast & Desolation Sound. Girls will meet in Richmond and travel together.

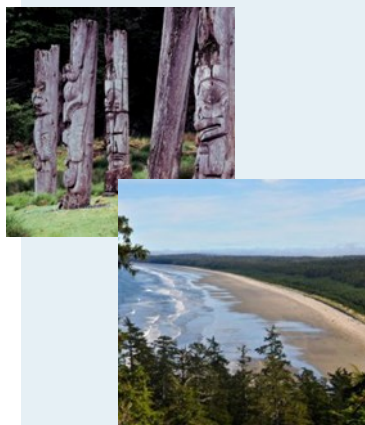
**What:** An opportunity to expose girls to ocean kayaking, develop their kayaking skills by completing Intro to Kayaking certification during the trip and experience adventure camping in a world renowned outdoor destination.

**Cost:** \$400 per girl

**Prerequisites:** Please see info sheet

[Application Info \(PDF\)](#) [Girl Application Form](#) [H.1 - Girl Camp Record](#) [Code of Conduct](#)

All completed application forms are to be returned to the provincial office by **January 11, 2016**.



## Pedal Haida Gwaii

**Who:** 2 selected Guiders and 10 third year Pathfinders and Rangers born between September 1997 to August 2001.

**When:** August 18-26, 2016

**Where:** Graham Island of Haida Gwaii. Girls will meet in a central location and travel together to Prince Rupert and on to Skidegate.

**What:** To open opportunities for BC girls and Guiders to explore ancient temperate rainforests, quaint villages, secluded inlets, and Haida culture. This could really be the trip of a lifetime! Bikes are provided, so all you need to bring is your enthusiasm and biking skills.

**Cost:** \$450 per girl, \$100 per Guider

**Prerequisites:** Please see info sheet

[Application Info \(PDF\)](#), [Girl Application Form](#), [Guider Application Form](#), [Camp Record Form](#), [H.1 - Girl](#), [H.2 - Guider](#), [Code of Conduct](#)

All completed application forms are to be returned to the provincial office by **January 11, 2016**.



## OAL Adventure Module 8 - Quadra Canoe Expedition

**When:** August 4-7, 2016

**Who:** 8 Guiders who have started their OAL Adventure Camping training

**What:** Explore the largest freshwater waterway in the Gulf Islands while learning the necessary skills to lead a canoe adventure trip, including portaging. On this Module 8 expedition, Guiders will be able to gain 3 nights in a moving camp toward completion of the Outdoor Activities Leadership Adventure Camping training while canoeing the quiet lakes found in Main Lakes Provincial Park. In addition, Guiders will also earn their RCABC Canoe Tripping Paddler certification.

**Prerequisites:**

- Paddle Canada Intro Tandem Flatwater or RCABC Lakewater Level 1 Basic Tandem canoe training completed before the trip
- Current swim/boat test in iMIS prior to the event
- Completed at least 3 other OAL Adventure Modules

Registration deadline is **March 1, 2016**. Contact [camp@bc-girlguides.org](mailto:camp@bc-girlguides.org) for more information. "Watch for registration forms to be out in mid- January via inFormz"

# Alberta Camping Resources

*Developed by the Alberta Camping Committee*

**Introduction:** This four-part challenge is designed to encourage you to camp (or at least do activities outdoors) in each of the four seasons while discovering something new about camping.

**Challenge:** There are four parts to this challenge – one for each of the seasons (PART A).

For each season complete:

- **Sparks** – 2 activities from the appropriate season in Part A, and 2 activities from Part B
- **Brownies** – 2 activities from the appropriate season in Part A, and 3 activities from Part B
- **Guides** – 2 activities from the appropriate season in Part A, and 4 activities from Part B
- **Pathfinders and Rangers** – 2 activities from the appropriate season in Part A, and 5 activities from Part B

You have completed the entire challenge (all four crests and the center crest) when you have completed 2 activities from each season (Part A) and a total of the following from Part B:

- Sparks – 8
- Brownies – 12
- Guides – 16
- Pathfinders and Rangers – 20

## Some examples from PART A -Winter

- Identify 3 signs of the season
- Look for and identify animal tracks
- Learn what Alberta's Provincial tree is
- Learn how to dress to be outdoors all day in winter
- Go stargazing. Learn/Identify 2-5 objects/constellations
- Build a snowman

## Some examples from PART B

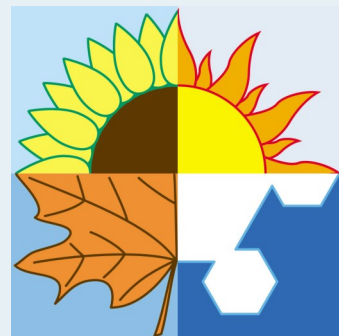
- Pack a bag lunch for a hike and wear a hat
- Go on a long hike (Sparks 1-2km, Brownies 2-4 km, Guides 4-6km, Pathfinders & Rangers 6-10 km)
- Eat oatmeal or a similar food right from the bag. Hint: tear open the pouch, place it in your cup, add hot water, stir and enjoy
- Invent a new piece of camp gear. Draw it and explain the merits of your invention
- Record your camp in a diary/journal/scrapbook. Add photos or drawings to your journal

<http://www.girlguides.ca/web/AB/Program/Challenges/AB/Challenges.aspx>

Crests for all Alberta Provincial Challenges are available from the Provincial Office by contacting [officeclerk@albertagirlguides.com](mailto:officeclerk@albertagirlguides.com).



Alberta Camp  
Challenge





Girl Scouts of Western Washington - Whatcom County Girl Scouts present  
**MIX IT UP 2016**



## Bring out the Animal in You



**14<sup>th</sup> Annual Girl Scout & Girl Guide Encampment**  
**September 23 – September 25, 2016**  
*For Girl Scout Juniors and Cadettes, Guides and Pathfinders*



- EVENT LOCATION:** Girl Scouts of Western Washington Camp Towhee, 9010 Heady Road, Sumas WA 98266
- COST:** \$28.00 USD PER PERSON (Girls & Adults) - NO REFUNDS  
In case of illness replace girl or adult with alternate
- ACTIVITIES:** Have a wild time connecting with your inner animal! Sample animal science, service, local folklore and crafts. Then challenge yourself by preparing dinner with new friends from across the border using a basket of surprise ingredients!
- FEE INCLUDES:** Two nights camping, all activities on site, challenge dinner, Sunday breakfast, tech shirt and patch. This is a tent camping event, appropriate for experienced campers. Patrols must provide own food and equipment, including tents and cooking gear.
- ARRIVAL AT CAMP:** Friday, September 23<sup>rd</sup> between 6:00pm and 9:00pm
- CLOSING:** Sunday, September 25<sup>th</sup> by noon
- REGISTRATION:** Send registration form and check in US funds (payable to GSWW Whatcom County Events) to: Mix It Up 2016 c/o Wendy Crandall 926 12<sup>th</sup> Street, Bellingham WA 98225.  
**Registration is limited to first 125 Girl Guides and 125 Girl Scouts and closes May 15<sup>th</sup>**
- CONFIRMATION:** We will send you further information and equipment list upon receipt of your registration and payment. Contact Wendy Crandall at [wendycrandall@gmail.com](mailto:wendycrandall@gmail.com) for more information.

Unit (including District)/Troop:	Area/Service Unit #:
Responsible Guider/Leader:	
Full Address:	
Email:	Phone #:
Accompanying Guider/Leader:	
Full Address:	
Email:	Phone #:
Emergency Contact (during event):	Phone #:

Please list the names and shirt sizes of your group members on the reverse side





Larger groups should divide into two smaller patrols using separate registration sheets (may request adjoining campsites)

Names of Participants (can be changed as needed before camp)	Shirt size (see charts)	Fall 2016 Level Guide, Junior, Pathfinder, Ca-
Leader/Guider:		
Leader/Guider:		
Leader/Guider:		
Girl 1:		
Girl 2:		
Girl 3:		
Girl 4:		
Girl 5:		
Girl 6:		
Girl 7:		
Girl 8:		
Girl 9:		
Girl 10:		

#### Adult sizing AXS-A4XL

	XS	S	M	L	XL	XXL	3XL	4XL
Size	2	4/6	8/10	12/14	16/18	20/22	24/26	28/30
Bust	17 3/4	18 3/4	19 3/4	21 1/4	22 3/4	24 1/4	26 1/4	28 1/4
Sleeve Length from Center Back	31	31 1/2	32	32 1/2	33	33 1/2	34	34
Body Length at Back	25	25 1/2	26	27	28	29	29 1/2	30

#### Youth Sizing YXS-YXL

##### PRODUCT MEASUREMENTS

	XS	S	M	L	XL
Size	4	6/8	10/12	14/16	18/20
Chest	15 1/4	16	17	18	19 1/2
Sleeve Length from Center Back	25 1/2	26 1/2	27 1/2	28 1/2	30
Body Length at Back	20	21 1/2	23	25	27

##### CHEST

Measured across the chest one inch below armhole when laid flat.

##### SLEEVE LENGTH FROM CENTER BACK

Measure From CB Neck to Shoulder Point to Finished Sleeve Hem.

##### BODY LENGTH AT BACK

Measured from high point of shoulder from the back.